PROGRAM ID: HEART ATTACK PREVENTION (H001-M45)	CONDITION SERIOUSNESS:		10
PROGRAM DATE STAMP: MAY 02			

CONDITION DESCRIPTION:
A heart attack, or *myocardial infarction*, occurs when blood flow to a portion of the heart muscle is insufficient and tissue death occurs because the oxygen delivered cannot sustain the metabolic demands. A heart attack may be rapidly fatal, may lead to chronic disability or may lead to virtually full recovery. This year about 650,000 Americans will suffer a first heart attack, and about 220,000 of these will die as a result. Heart attacks may be complicated by problems with conduction of the cardiac impulse, leading to a form of "heart block" or other disturbances of the normal heart rythym. Another major complication is congestive heart failure, in which the heart muscle is so weakened that it cannot effectively carry out its job of pumping blood. Although women on average develop heart disease 15 years later than men, it is nonetheless the #1 killer of women.

PREVENTIVE VALUES 1 TO 10 (10 MAX)	SUBSCRIBER PROFILE MALE OVER 45		SUBSCRIBER ACHIEVEMENT Self-administered scoring (best est. of compliance)		
	PROGRAM ELEMENTS		BENCHMARKS	100% Max	POINTS
	Cholesterol		>>>>	ENTER	
LDL 3.5	High cholesterol levels represent a strong risk factor for heart disease. The most dangerous type is "low density lipoprotein" (LDL). Except for the aged and people with 2 or more risk factors (see "Other factors that may increase your risk" at bottom of summary), ideal levels are shown to the right. HDL (high density		Measured in mg/dl LDL of 200+ = 0% LDL of 180 = 25% LDL of 160 = 75% LDL of 130 = 100%	75%	2.6
HDL 3.5	lipoproteins) or "healthy" cholesterol levels are very important to lowering your risks. A ratio of HDL/total		HDL of 35 = 65% HDL of 45 = 75% HDL of 60 = 100%	75%	2.6
TRIG. 3.0	cholesterol of 25% or greater is a good indicator of heart health. Triglycerides should also be measured on a regular basis. Everyone should know their numbers. See you physician for recommended frequency.		Triglycerides of Over 200 = 0% 150 to 200 = 50% Under 150 = 100%	50%	1.5
10.0			Total points (adjusted)		6.8
	Blood Pressure (revisions: PV, T, B)*		>>>>	ENTER	
SYS. 6.0	High blood pressure ("hypertension") has long been a proven cause of coronary artery disease. "primary" or "essential" hypertension is the most common and while it cannot be cured, it can be controlled. A good target is 120 over 80. High B.P. begins at 140 over 90. High blood pressure not only increases the risk of a heart attack but may also lead to an enlarged heart,		Measured in mm Hg Systolic of 180 and over = 0% 160-179 = 20% 140-159 = 40% 130-139 = 75% 129 or less = 100%	75%	4.5
DIAS. 4.0	kidney damage, hemmoragic stroke, and arteriosclerosis. Self-monitoring is easy and should be frequent. Most recent findings are shifting primary emphasis from diastolic readings (rest between beats) to systolic readings (pressure during beats).		Diastolic of 110 and over = 0% 100-109 = 20% 90-99 = 40% 85-89 = 75% 84 or less = 100%	100%	4.0
10.0					8.5
	Body Fat (revisions: B)*		>>>>	ENTER	
	Obesity has beome a national epidemic in the United States. With each new study, it grows in importance as a risk factor for many forms of heart disease and		Measured in % body fat Over 30 = 0% 25-29 = 10%		

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Appendix A

	cancer. Obesity in children is a greater risk for future heart trouble than a family history of heart disease. People who are overweight in "middle age" may still not completely reduce their risk for coronary artery disease later in life, even if they lose excess weight. We do not recommend the popular "body mass index" (BMI) method of meaurement as it does not distinguish between fat and lean body mass. Instead, we strongly prefer actual body fat measurements through wrist/ waist calculation for men (click here) or water tank immersion (click here) which is best.	20-24 = 20% 15-19 = 70% 10-14 = 90% Under 10 = 100% Enter you score here >> 70%
		6.3
9.0		>>>> ENTER

Exercise

	People who lead sedentary lives are almost twice as likely to suffer heart attacks compared to people who exercise regularly. Among the many well-known and not-so-well-known benefits include lower heart rates, lower blood pressure, increased HDL, lower blood sugar, reduced stress, increased bone density, better injury (or surgery) survival rates, and elevated mood. Several psychological benefits accrue as well. We believe it should be a part of your daily lives and do not subscribe to the theory that 20 minutes, 3 times per week is enough. The good news is that the best exercise is not necessarily strenuous. We measure effort as average minutes per day. If you would like to refine your measurements, you can combine all exercise into "equivalent hours of effort" using the Smart-4-Life "balanced effort tracking system" (BETS). (Click here for free access and use).	<u>Measure in ave. minutes per day</u> Less than 20 = 0% 20 to 29 = 25% 30 to 44 = 50% 45 to 59 = 70% 60 to 74 = 80% 75 to 90 = 90% Over 90 = 100% Note: convert more strenuous exercise by heart rate (beats per minute) as follows: 80 to 90 BPM = 1X 110 to 120 BPM = 1.5X 130 to 140 = 2X Enter your score here >> 70%
		6.0
8.5		>>>> ENTER

Nutrition

	Due to space limitations, only general guidelines will be presented here. For a more comprehensive discussion see SFL "Pro-Fit Nuitrition" (click here) or go to Smart-4-Life.com site for info re subscription to our "Hardcore Nuitrition Program." <u>Healthy proteins</u> 1. Soy proteins can elevate HDL while decreasing LDL and Triglyceride levels. Powdered forms contain "isoflavones" and are best (tablets have none). A number of studies suggest 40 grams per day as a good general guideline. 2. Oily fish (salmon, tuna, swordfish, or halibut) are rich sources of Omega-3 fatty acids and have been proven to promote healthier HDL and LDL levels.	<u>Measured in ave. servings per day</u> (a serving is defined as 4 to 5 ounces or the amount you might hold in one hand). Healthy protein servings consumed per day: 1.0 = 20% 1.5 = 40% 2.0 = 55% 2.5 = 75% 3.0 = 100% 55%
Healthy proteins 2.5		1.4

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	3. Lean meats rank a distant third. Skinless chicken and turkey are superior to others but DO NOT improve cholesterol levels as fish and soy products do. Meats containing saturated fats are dangerous to the heart and should only be consumed occasionally.	(scoring at end of p.2)		
Healthy carbohydrates 2.5	**Healthy Carbohydrates** 1. Dark colored vegetables and fruit (not fruit juices) with low glycemic ratings rank first (see *"Pro-Fit"* and *"Hardcore Nutrition Programs"*). Special attention should be given to cooked tomatoes, garlic, nuts (unsalted), plus all orange and green vegetables. Most American diets are very weak in this category. 2. Whole grains rank 2nd but can be highly glycemic (producing excessive blood sugar and insulin). These include breads, cereals, and pasta and should be consumed in light to moderate amounts. Most American diets contain 3 to 5 times the advisable amount. 3. Sugars (including fruit juices) should be avoided or consumed in very small quantities. Most American diets are heavy in sugar consumption.	Healthy carbohydrate servings per day: 1.0 = 10% 2.0 = 25% 3.0 = 50% 4.0 = 75% 5.0 = 100%	25%	0.6
Healthy and unhealthy fats 5.0	**Healthy Fats** 1. Monounsaturated fats are heart-healthy fats. They will not contribute to high cholesterol levels or the artery-clogging effects of saturated fats. See *"Pro-Fit"* summary for ideal ratios to proteins and carbos. Good sources are olive oil, nuts (unsalted), tahini, natural peanut butter, almonds, and avocados. Monounsaturated fats should be part of all meals and snacks as a healthy way to suppress appetite and reduce body fat. 2. Polyunsaturated fats (PUFA) can be healthy in modest amounts. These include oils made from corn, safflower, soybeans, and sunflowers. High levels of consumption should be avoided due to caloric content and association with some cancers and chronic diseases. 3. Saturated fats should be avoided. They are high risk elements for both heart disease and cancer. This is true for all ages including young children. Check with your physician to see if your children are putting themselves at risk.	All fats add calories to your diet. The best you can do is to try to limit your intake to "healthy fats" in small quantities. Pick the score that best represents your normal consumption of unhealthy fats (polyunsaturated and saturated): Almost never = 100% Rarely = 75% Frequently = (75%) Most meals = (150%) All meals = (200%)	-75%	-3.8
		Small amounts = 0% Generous amts.=(100%) Large amts. = (200%)	-100%	-5.0
10.0		Nutrition score	-68%	-6.8
	Vitamins and Supplements (revised PV, T, B)*			
	Long-standing beliefs about the benefits of vitamins, supplements, and especially antioxidants are changing rapidly. Many suspected benefits from antioxidant supplements such as vitamins C, E, and beta carotene			

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are now being replaced by concerns that high dosage

	levels may actually cause damage to the arteries and elevate the risk of some cancers. While several major studies are underway to clarify this issue, it may be prudent to focus on the more proven benefits of several B vitamins - Folic acid (folate), B6, B3 (niacin) and B12. You may also want to consider taking a small aspirin (81mg) daily to reduce platelet aggregation. Talk to your physician before making any decisions regarding antioxidants, vitamins or supplements.	No scoring	NA	0.0
TBD		>>>	ENTER	
	Alcohol	Measured in daily consumption		
	No one advocates that anyone start drinking alcohol for potential heart benefits. Nevertheless, there is substantial evidence that 1 to 2 drinks per day (for men) is beneficial to the heart, even for people with type 2 diabetes. However, high intake can be very dangerous to the heart and raise several cancer risks.	0 to 2 drinks = 100% 3 to 4 drinks = 0% 5 or more = (200%)	100%	
				4.0
4.0		>>>	ENTER	
	Smoking	Measured in daily consumption		
	Middle-aged smokers have a heart attack rate that is 5X their non-smoking peers. It is estimated that about 120,000 Americans die each year from first-hand smoke and up to 60,000 from 2nd hand smoke. The only points you can get in this section are negative.	None for 10 yrs = 0% Few per day = (100%) Pack per day = (150%)	0%	
				0.0
10.0			ENTER	
	Medical Testing	Score based on physician interaction		
	Electrocardiogram (ECG or EKG) meaures electrical activity in the heart. Normal readings are no guarantee but this should be part of each annual physical exam. Imaging tests (echocardiograms) are useful for patients with abnormal heart rythyms or evidence of damage to the heart. MRIs and Radionuclide Imaging are useful tools in providing more precise diagnostics. Talk to your physician about any appropriate tests. Blood and urine markers (enzymes) can be important tests to determine if heart cells have been damaged or to predict a heart attack in patients with chest pain.	Have annual physical including ECG or EKG testing = 100% No annual physical or testing = (200%) Enter your score here >>	100%	
				7.0
7.0				

	< TOTAL WEIGHT OF ALL PRVENTIVE ELEMENTS	**TOTAL WEIGHTED SCORE**	**46.4%**	**31.8**
68.5				

Other factors that may affect your risk (discuss these with your physician):

Genetic factors: ApoE4 (apolipoprotein) may affect cholesterol levels and risk of Alzhiemer's disease. Factor VII genes may affect the way blood coagulates increasing the risk of blood clots.

Ethnicity: Mortality rates in men do not differ significantly by race. African American women have highest heart attack rates.

Heart abnormalities: Very fast or slow heart beat patterns usually aren't dangerous. Premature beats or very fast "arrythmias" called "tachycardia", however, may signal more serious conditions and should be investigated by your physician.

Age: Elderly people have a higher risk of heart disease. 85% of people who die from heat disease are over 65.
Gender: Heart attacks are more common in middle-aged men but women have a higher mortality rate after a heart attack.
Other health issues: People with diabetes, hypertension, insulin resistance, or are on long-term dialysis are at higher risk.
People with periodontal (gum) disease can have a 1.5X to 4.0X risk for heart disease. Talk to your dentist about antibiotics.
Physical condition: See "Exercise."
Other Lipids: Beyond cholesterol, some "lipids" are thought to heighten risk - esp. lipoprotein (a) and apolipoprotein A-1 & B.
Geography: Southern States have a higher rate of heart disease. They are often referred to as the "stroke belt."
Stress: Accute stress now associated with higher risk for serious cardiac events (rhythm abnormalities & heart attacks).
Inflammatory factors: An immune system response that produces inflammation and damage in arteries (possibly triggered
by infection) now strongly associated with heart disease. Specific factors may include "C reactive proteins" & "fibrinogen."
Depression: Depression may have biologic consequences for heart health affecting heart rythyms and clotting factors.
*Note: Changes from prior issue highlighted in orange. Change codes are PV (preventive values), T (text) B (benchmarks)
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PSI PREVENTION PROGRAM: COLORECTAL CANCER
PROGRAM ID: 5065M – COO2A   DATE STAMP: 081502   SERIOUSNESS RATING (10MAX): 10

DEFINITION: COLON AND RECTAL CANCERS (COLLECTIVELY "COLORECTAL CANCERS") ARE MALIGNANT (LIFE THREATENING) TUMORS THAT DEVELOP IN THE LONG MUSCULAR TUBE THAT MAKES UP THE FINAL PART OF THE INTESTINAL TRACK. XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX.

SELECT VERSION:
A. IF YOU HAVE NO FIRST DEGREE RELATIVES (PARENTS OR SIBLINGS) WHO HAVE HAD COLORECTAL CANCER, AND NO SYMPTOMS (SEE B &C), *CLICK HERE*.
B. IF YOU HAVE HAD NO 1ST DEGREE RELATIVES WHO HAVE HAD THIS CONDITION, BUT YOU HAVE HAD PHYSICAL SYMPTOMS (RECTAL BLEEDING, XXXX, XXXX), *CLICK HERE*.
C. IF YOU HAVE HAD ONE OR MORE 1ST DEGREE RELATIVES WITH THIS CONDITION (EVEN IF YOU HAVE NOT HAD ANY PERSONAL SYMPTOMS), *CLICK HERE*.

PREV. VALUE (1 TO 10 MAX.)	VERSION A – PSI "STANDARD" PREVENTIVE MEASURES	BENCHMARKS (CLICK ON BEST FIT)
9.0	DIAGNOSTICS: EARLY DETECTION PLAYS A KEY ROLE IN THE PREVENTION OF THIS DISEASE. XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXX. FOR FURTHER DETAIL, *CLICK HERE*.	A. XXXX B. XXXX C. XXXX D. XXXX
7.0	DIET & NUTRITION: CERTAIN FOODS SUCH AS RED MEAT AND SATURATED FATS HAVE BEEN SHOWN TO PROMOTE THIS CANCER. XXXXXX XXXXXXXXXXXXXXX. FOR DETAIL, *CLICK HERE*.	A. XXXX B. XXXX C. XXXX D. XXXX
2.5	VITAMINS & SUPPLEMENTS: XXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX.	A. XXXX B. XXXX C. XXXX
5.0	MEDICATIONS: STATINS XXXXX, ASPIRIN AND ANTI-INFLAMATORY DRUGS XXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX.	A. XXXX B. XXXX C. XXXX
4.0	EXERCISE: MODERATE EXERCISE HAS BEEN SHOWN TO REDUCE XXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX.	A. XXXX B. XXXX C. XXXX D. XXXX

DETAILED INFORMATION: FOR MORE INFORMATION REGARDING SUPPORTING STUDIES, REPORTS AND RESEARCH, *CLICK HERE*. FOR INFORMATION REGARDING PSI SOURCES USED TO GENERATE PREVENTIVE VALUES AND BENCHMARKS, *CLICK HERE*.

Appendix B